



East Wellington  
Family Health Team

# ANXIETY – DIAL IT DOWN!

## Drug Free Tips to Decrease Anxiety

- How to influence factors that escalate anxiety and panic attacks
- Practical Strategies that reverse anxious sensations in the chest, head, and body.
- How biofeedback may be used in training these self-regulation skills



Presented through the Ontario Telemedicine Network and Hosted by the East Wellington Family Health Team



**You must pre-register!**

**Call: 519-833-7576 ext 362 OR**

**Go online to: [www.ewfht.ca](http://www.ewfht.ca)**

**[Workshops]**

**Space is limited.**



Sessions facilitated by:  
Kathy Somers  
From the University of Guelph's Stress Management and High Performance Clinic

**Thursday Sept 20, 2018**

**6:30 – 8:30pm**

**Rockwood Clinic**

**175 Alma Street**

**Monday Feb 11, 2019**

**6:30 – 8:30pm**

**Erin Clinic**

**6 Thompson Cres – Unit 1**